

2024

OCTOBER

Burlington School District

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 PIZZA DAY Turkey Bacon or Cheese Caesar Salad Toasted Chickpeas Fruit & Vegetable Bar Milk	2 All Beef Hotdog Oven Fries Baked Beans Fruit & Vegetable Bar Milk	3 VT Beef Shepherd's Pie Buttered Peas & Corn Roll Fruit & Vegetable Bar Milk	4 VT Mac & Cheese Curried Cauliflower Carrot Sticks Fruit & Vegetable Bar Milk
7 Chicken & Waffles Maple Syrup Roasted Winter Squash Fruit & Vegetable Bar Milk	8 Breakfast for Lunch Chicken Sausage, Egg & Cheese Sandwich Hashbrown Patty Fruit & Vegetable Bar Milk	9 Cheesy Breadsticks Marinara Roasted Herbed Zucchini Fruit & Vegetable Bar Milk	10 No School	11 No School
14 PIZZA DAY Buffalo Chicken or Cheese Caesar Salad Roasted Chickpeas Fruit & Vegetable Bar Milk	15 Orange Chicken Rice Garlic Roasted Broccoli Fruit Salad Fruit & Vegetable Bar Milk	16 Cabot Grilled Cheese Tomato Soup Roasted Curry Cauliflower Fruit & Vegetable Bar Milk	17 VT Beef Nachos Black Beans Cheese Sauce Salsa Mango w/ Tajin Fruit & Vegetable Bar Milk	18 Spaghetti & VT Meat Sauce Roasted Carrots Garlic Bread Fruit & Vegetable Bar Milk
21 Cheesy Lasagna Garlic & Herb Zucchini Dinner Roll Fruit & Vegetable Bar Milk	22 Turkey Meatball Subs Sweet Potato Waffle Fries Cucumbers w/ Hummus Fruit & Vegetable Bar Milk	23 Crispy Chicken Tenders Mashed Potatoes Roasted Broccoli Fruit & Vegetable Bar Milk	24 Fish Sticks w/ Tartar Sauce Potato Wedges Roasted Cauliflower Fruit & Vegetable Bar Milk	25 Chicken & Cheese Quesadilla Roasted Corn Black Beans Fruit & Vegetable Bar Milk
28 Turkey, Lettuce & Cheese Croissant Chips Cucumbers & Ranch Fruit & Vegetable Bar Milk	29 Burger Day Plain or w/ Cheese Maple Baked Beans Spinach & Apple Salad Fruit & Vegetable Bar Milk	30 Cheesy Breadsticks Marinara Carrots & Ranch Fruit & Vegetable Bar Milk	31 Baked Ziti Roasted Broccoli Garlic Bread Fruit & Vegetable Bar Milk	VEGETARIAN Alternatives: MONDAYS- Meatless Nuggets WEDNESDAYS- Meatless Chicken Patty TUESDAYS- Black Bean Burger THURSDAYS- Veggie Grillers FRIDAYS- Black Bean Burger